

Monday	Tuesday	Wednesday	Thursday	Friday
Smoked Turkey Sandwich Cheddar Cheese on Wheat Bread Lettuce & Tomato Fresh Cole Slaw Apple Sauce Navy Bean Soup Apple Juice <b>3</b>	Sub Day Turkey Combo Meat Lettuce & Tomato American Cheese Potato Salad & Cole Slaw Fruit Cocktail Fruit Juice Milk <b>4</b>	Lasagna Roll w/Marinara Sauce Kale Applesauce Wheat Bread Orange Juice Milk <b>5</b>	Meatball Sub Mozzarella Cheese Green Beans Split Pea Soup Fresh Seasonal Fruit Tomato Juice Milk <b>6</b>	Chicken Breast in Orange Sauce Rice Pilaf Steamed Carrots Diced Peaches Rye Bread Apple Juice Milk <b>7</b>
Meatloaf w/Gravy Mashed Potatoes Succotash Fresh Orange Wedges Wheat Bread Applesauce Milk <b>10</b>	Sliced Turkey w/Gravy Sweet Potatoes Peas Multi Bean Salad Sliced Fresh Apples Dinner Roll Cranberry Juice Milk <b>11</b>	Beef & Multi Bean Chili Served over Rice Pilaf Mixed Vegetables Fresh Pears Whole Wheat Bread Orange Juice Milk <b>12</b>	Egg Salad Cold Plate On a bed of Fresh Spinach Potato Salad Split Pea Soup Pineapple Tidbits Pita Brad Grape Juice & Milk <b>13</b>	Tossed Salad Prime Rib Au Jus Baked Potato Green Bean Casserole Dinner Roll & Margarine Cherry Pie w/Whipped Cream Milk <b>14</b>
Rigatoni & Meatballs In Tomato Sauce Fresh Tossed Salad Salad Dressing Sliced Fresh Apples Wheat Bread Apple Juice Milk <b>17</b>	Chicken Stew w/Peas & Carrots Biscuit Brown Rice Fresh Tangerine Grape Juice Milk <b>18</b>	Tuna Salad Cold Plate Served on Fresh Tossed Salad w/Peach Slices & Fresh Grape Tomatoes Whole Wheat Crackers Navy Bean Soup Milk <b>19</b>	Salisbury Steak w/Gravy Mashed Potatoes Fresh Pear Corn Dinner Roll Tomato Juice Milk <b>20</b>	Sliced Pork Loin w/Gravy Sauerkraut Mashed Potatoes Hot Blueberry & Pear Crisp Whole Wheat Bread Apple Juice Milk <b>21</b>
¼ lb Beef Hot Dog Hot Dog Roll Baby Whole Carrots Mixed Baked Beans Sliced Peaches Pineapple Juice Milk <b>24</b>	Jamaican Jerk Chicken Caribbean Rice & Beans Cucumbers & Tomatoes Flour Tortilla Pineapple Salsa Grape Juice Milk <b>25</b>	Roast Beef w/Gravy Rosemary Mashed Potatoes Fresh Tossed Salad Ranch Dressing Multigrain Dinner Roll Fruit Cocktail Citrus Cup Milk <b>26</b>	Baked Potato Bar w/Chili con Carne & Shredded Cheddar Cheese Tossed Salad w/Ranch Dressing Wheat Bread Apple Sauce Fruit Juice <b>27</b>	Meatloaf w/Gravy Mashed Potatoes Green & Yellow Squash Casserole 3 Bean Salad Dinner Roll Applesauce Tomato Juice & Milk <b>28</b>

# FEBRUARY 2014

Each meal costs the FCDOA Nutrition Program \$4.80,  
your contributions per meal helps make more meals possible

~Menus subject to change~

